



thenewhammag

issue 341 // 20 May – 2 June 2016 // Every fortnight



**Freedom
of the
borough**

Honour for Hammer (p10)

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the newham mag



In this edition we bring you up to date with the promises I made about protecting frontline services and the progress we have made (p17).

We also focus on those who have made a vital contribution to the life of the borough past and present. There

are those who have been awarded the freedom of the borough (p8) and there are those who have made the ultimate sacrifice like 16-year-old Jack Cornwell who died from injuries he received in the Battle of Jutland in the First World War (p12).

You can also read about the thoughts of Mark Noble, one of West Ham United's most popular players, as he talks about his humble beginnings (p10) and we take a backward glance through pictures of Hammers' fans during the final season at the Boleyn Ground (p14).

With summer on the way we discover how the Mayor's Newham Show will be bringing a beach and the sand to East Ham (p26) and for lovers of rock we have details of a ticket offer to see AC/DC (p25).

And for those who are concerned about health there is advice on how to cope with diabetes (p29).

Sir Robin Wales

Mayor of Newham

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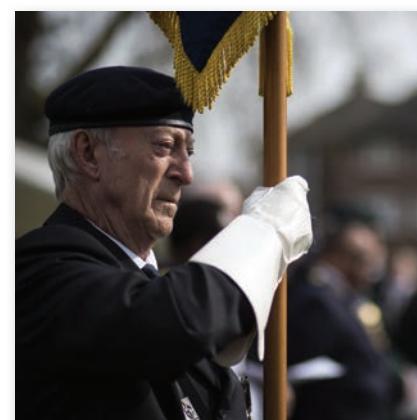
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Newham London

Love Newham? Download the free Love Newham app and report a range of environmental issues. Visit www.newham.gov.uk/lovenewham

IN BRIEF //

Newham Bookshop writing competition

Children could win cash prizes for themselves and their school in a competition called "Why I love living in Newham" being run by the Newham Bookshop.

The Barking Road, Plaistow bookshop, launched the competition in the memory of Liz Osborne, who worked at the bookshop for two years. She died a year ago.

It is open to Year 4, 5, and 6 pupils in Newham primary schools. The winner will receive £30, their school £250 while the runner-up will get £20 and their school £150.

Deadline is 17 June. Entries must be no more than 500 words. Email: info@newhambooks.co.uk for more information.

Health workshop for women

Newham Council will be holding a health workshop for women in the borough to find out how they are staying healthy.

It will be held on Tuesday, 24 May at the Trinity Centre, East Avenue, Manor Park. Places are limited and must be booked in advance. To book: Email Lilas.Ougen@newham.gov.uk or Rosanna. Fforde@newham.gov.uk or call 020 3373 3121 or 020 3373 0897.

Restart your electrical goods

Residents who want to repair their electrical goods can get advice at the Restart in Newham launch event at Stratford Library, in The Grove, on 6 June from 6-9pm.

For more information visit www.therestartproject.org

Be a smart shopper

Shoppers can get useful tips on saving money on their weekly shop with MoneyWorks which is launching its Grocery Club.

Visit www.newhammoneyworks.co.uk to find out more.

>>> Right market for redevelopment

The final phase of a landmark development in the regeneration of Canning Town was marked with a topping out ceremony.

Representatives from Newham Council and developers English Cities fund (ECf), who worked together on the scheme, celebrated the completion of Lumire, the third and final phase of the Rathbone Market project in Barking Road.

On completion, the £160 million development will have created 650 homes, retail spaces, a community facility and two public spaces including a permanent home for Rathbone Market.

Deputy Mayor Councillor Lester Hudson said: "We have always had a vision for the area of better housing, more community facilities and jobs for residents. The Rathbone Market scheme offers all this and preserves a permanent home for the market."

Councillor Hudson and ECf chairman Sir Michael Lyons were presented with ceremonial trowels by main contractors John Sisk and Son to mark the topping out ceremony.



Cllr Hudson, left, and Sir Michael Lyons receive trowels

Residents get street party started

Almost 100 residents turned out for a street party in East Ham's Wall End Road to allow the residents to get to know each other.

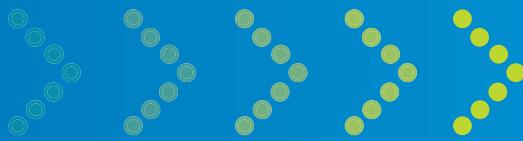
Deputy Mayor Lester Hudson and Wall End ward councillor Ted Sparrowhawk attended the festivities organised by residents Elaine Gillies, Michelle Sussex and Fozia Ahmed supported by a Newham Council Let's Get the Party Started (LGTPS) grant and sponsorship from Ghirs Pharmacy.

There was a bouncy castle, face painting and a Caribbean food stall. Councillor Hudson said: "The party was a great success and gave residents the chance to enjoy themselves with help from the council. We are offering support to those that want help to hold events that brings the community together."

Residents wanting to apply for LGTPS funding should do so at least eight weeks ahead of their event. For more information and to apply, go to www.newham.gov.uk/party



Cllrs Hudson and Sparrowhawk join the party



News

Fly-tipper given hefty fine for dumping waste

A man who admitted dumping building materials behind a primary school has been fined £1,500 and ordered to carry out 200 hours of community service.

Reece Gillard, 25, from Custom House, fly-tipped pieces of wood, insulation and building materials in Jade Close, Beckton, next to Calverton Primary School, in December last year.

At Thames Magistrates Court last month he was fined £1,500 and ordered to perform 200 hours of community service. The court imposed a four-month curfew between 8pm and 7am. The magistrates also gave permission for Newham Council to dispose of a Ford transit van which had been seized.

Councillor Ian Corbett, mayoral adviser for environment, said: "This man put young children at risk with his reckless behaviour. Residents should be assured that we will catch criminals like this who are intent on ruining our environment."



The dumped waste

Make tracks to station entrance

Mayor Sir Robin Wales joined pupils from St Joachim's Catholic Primary School to cut the ribbon on the new entrance to Custom House Station on the Docklands Light Railway (DLR).

The entrance, built as part of the Crossrail project, will be an important interchange between the DLR and Crossrail's Elizabeth Line services that will start serving the station in December 2018. It will also improve access to the nearby ExCeL exhibition centre.

The improvements to the station also include a new footbridge and a 24-hour public route from Custom House to ExCeL.

Mayor Sir Robin Wales, who was joined by Newham councillors Ken Clark, Pat Holland, Freda Bourne, Alan Griffiths, and construction workers, said: "London is moving east and we are working hard to ensure residents benefit. Continued growth in the Royal Docks depends on more investment in infrastructure. That is why this improved station is so welcome."



Sir Robin helped cut the ribbon

>>> Register to vote in EU referendum

Newham Council is urging residents to look out for the Electoral Commission's information booklet regarding the referendum on 23 June on the UK's membership of the European Union.

The booklet is being delivered to every household and contains information on the referendum, how to register to vote by the deadline of Tuesday 7 June, and how to cast your vote.

Paul Libreri, Newham's head of registration and electoral services, said: "There is still time to make sure you can take

part in the EU referendum, but you can't vote if you're not registered by 7 June."

It's easy to register and only takes a few minutes online. If you are already registered to vote there is no need to register again for the EU referendum. There are options for postal or proxy votes.

Information for voters is available at www.aboutmyvote.co.uk or to register to vote go to www.gov.uk/register-to-vote

Fitting tribute to club as sun sets on Boleyn era

After 112 years the Boleyn Ground has been given an emotional send off. Not only did those inside the ground witness a fantastic display by West Ham United to win the game but they were also part of a fitting final tribute and celebration marking the stadium's final match.

I was delighted we were able to give Darren Harman, from Beckton and Shannel Duncan, from Canning Town, and their guests the chance to witness the unforgettable event after winning the competition we held with the club to win tickets to the historic match.

"We have always been committed to ensuring the 2012 Games leave a lasting legacy for our residents. Thanks to our investment in the Stadium we are helping turn that ambition into reality."

From next season West Ham will call the former Olympic Stadium on Queen Elizabeth Olympic Park their home. Thanks to our investment in the Stadium we will be able to offer thousands of other Newham residents the chance to see the club in action free of charge. But these free tickets are just part of the benefits from the rejuvenated Stadium we have secured



for our residents.

Work is under way to ensure the Stadium is not just ready for the big kick off but to convert it into a multi-purpose venue hosting athletics, football, rugby, motor sport and concerts, and other activities.

This includes the laying of a new track made of the same material as that being used at the Rio Olympic Games. I had the pleasure of joining two rising stars of UK athletics, CJ Ujah and Adelle Tracey, and former Olympic medal winner Brendan Foster to start laying the state-of-the-art track.

Not only is it a fantastic new track – but it is great that Newham residents, including myself, will be among the first to use it at the Great Newham London Run and the Family Run on 17 July. This is why it was fitting to have nine-year-old

Tate Sharpe and his mother Simone, who live near the Stadium and are taking part in the Family Run, to help lay the track.

Both events will finish in the Stadium giving people the chance to create their own golden moments.

We have always been committed to ensuring the 2012 Games leave a lasting legacy for our residents. Thanks to our investment in the Stadium we are helping turn that ambition into reality.



Darren Harman collects his tickets

Mayor's view



Building towards a solid future

I recently visited Chatsworth Road in Stratford, the site of the first homes to be built directly by Newham Council for 30 years. They are being built by our very experienced repairs and maintenance team, so the quality of the work will be high.

We have 17,000 people on our housing waiting list and hundreds of homeless families approaching us for help. To give those residents a fighting chance of getting a home, we need a rapid and unprecedented expansion of affordable properties.

"I want to ensure as many homes as possible remain within the reach of Newham residents."

This first scheme will provide six homes which should be available in the autumn. More sites have been identified and construction will begin on them as soon as possible.

We have been at the forefront of numerous ground-breaking housing policies for some time with initiatives like Red Door Ventures, Local Space, and NewShare.

Our borough-wide private sector licensing scheme, the nation's first, has improved rented accommodation standards by tackling rogue landlords who exploit residents' desperation by exposing them to dehumanising conditions. We've launched more than 800 prosecutions since 2013.



Tony Abbs from the council's Repairs and Maintenance team with Sir Robin and Cllr Andrew Baikie

We created Local Space, our own unique housing association, which has delivered high quality and stable temporary accommodation for 1,400 homeless families in Newham and neighbouring boroughs. There are plans for 800 new homes.

NewShare, our shared equity scheme, allows people to become home owners provided they can finance half of the property through a traditional mortgage. If they can, we offer them an equity loan for the remainder, to be repaid within 25 years.

Through Red Door Ventures, our private housing company, we are expanding the supply of high quality

rented accommodation by building thousands of new homes.

Housing policy is not just about creating bricks and mortar. Supply is a huge issue throughout London and schemes such as Chatsworth Road will go some way to providing more homes.

But housing also needs to be genuinely affordable for residents and there needs to be a firm link between what people earn and what they are required to pay. This is something I am currently exploring. I want to ensure as many homes as possible remain within the reach of Newham residents.

with Sir Robin Wales

Celebration of civic pride



Newham Council is not just a provider of services that residents rely on. It also celebrates civic pride and at the council's Annual Meeting this week, Freedom of the Borough and the titles of Alderman/Alderwoman were conferred on some special people.

The awards are the highest the council can bestow. Mayor Sir Robin Wales said: "We offer them sparingly, but when we do, they are awarded to remarkable people. Each recipient has made a significant contribution to Newham life, past and present. All are ambassadors, helping to improve how we are perceived locally, nationally and internationally."

The honours are two of the last vestiges of local government from times past. Today they do not confer any rights or privileges, but are honorary titles for people of distinction who have given eminent service.

Their approval by councillors was the final business of the 2015/16 municipal year, the 50th anniversary year since Newham was formed from the amalgamation of East Ham and West Ham county boroughs.

The recipients:

Shama Ahmad MBE – Honorary Freedom and Alderwoman

Shama was a councillor from 1990 to 2014 and ceremonial mayor in 1996/97, the first Asian woman in Britain to attain such a position. In 2002 she received an MBE for services to the community.

Christine Bowden – Honorary Freedom and Alderwoman

Christine was a councillor from 2002 to 2010 and Deputy Mayor from 2006 to 2010. She had a portfolio that covered human resources and industrial relations. She helped deliver single status for Newham, so that women were paid the same as men.

Lew Boyce – Honorary Freedom

Lew served as a councillor from 1982 to 1994. During his time on the council Lew served as Chief Whip and also chaired the committee that introduced the council's first race relations policy.

Paul Chelliah – Honorary Freedom

Paul has served the community for more than 30 years, first as a volunteer at the Trinity Centre in Manor Park, and latterly as Centre Director. He is committed to improving the quality of life for residents.

Marie Collier – Honorary Freedom and Alderwoman

Marie was a councillor from 1998 to 2014. She served as Chair of Council and was Civic Ambassador in 2002/03. She has been a key figure in an ambassadorial role for Newham inside and outside the borough.

Val Fone – Honorary Freedom

Val has worked for disabled people's rights for almost 40 years as a community worker, a carer and as a councillor for eight years. She works tirelessly to ensure that disabled people are not discriminated against in any setting.

Keith Hasler – Honorary Freedom

Keith, a councillor for 14 years, served on the first Newham Council in 1965. He was instrumental in persuading the Government that Newham should be regarded as inner London for the purposes of teachers' pay, making a significant difference to Newham's ability to recruit teachers.

Kevin Jenkins OBE – Honorary Freedom and Alderman

Kevin has served local people for 28 years as a councillor and through his work at Canning Town care charity Community Links, which he co-founded. His support of young people is shared as best practice across the country. He received an OBE in 1996.

Mark Noble – Honorary Freedom

The Canning Town-born captain of West Ham United has led a side challenging at the top of the Premier League and enjoyed a star-studded testimonial match for 15 years service to the club. He is patron of Richard House Children's Hospice in Beckton.

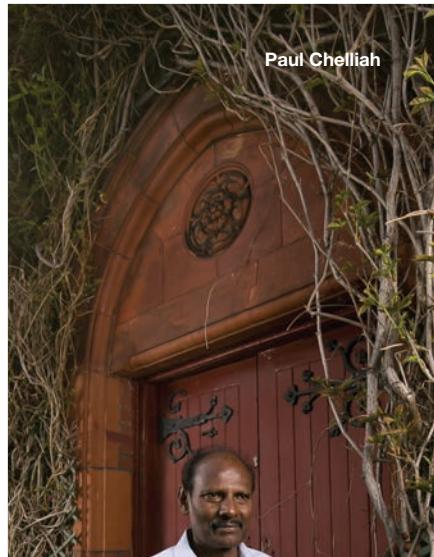
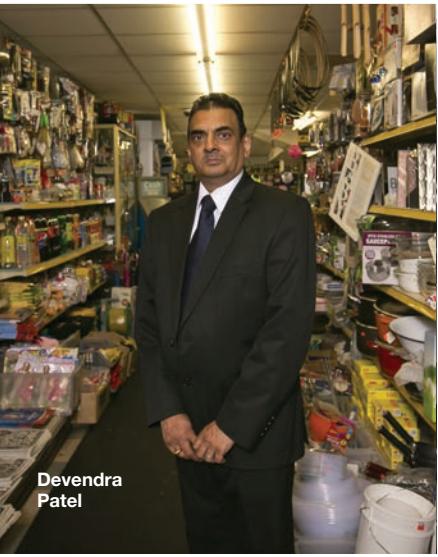
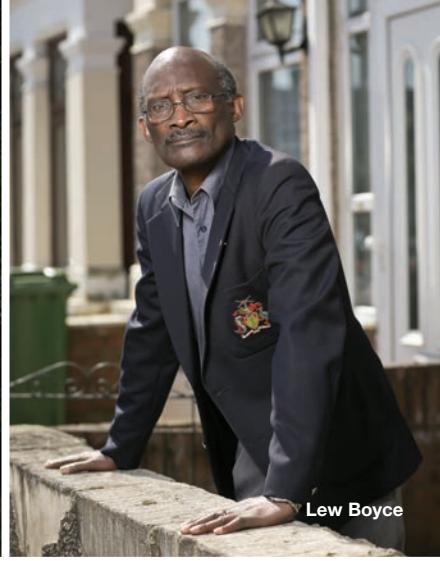
Devendra Patel – Honorary Freedom

Devendra came to the United Kingdom in 1961. In 1978 he started a newsagent business in Plaistow. He is respected as a champion for the community and is Immediate Past President of the London district of the National Federation of Retail Newsagents.

Newham and Essex Beagles Athletics Club – Honorary Freedom

The Beagles are one of the leading athletics clubs in Great Britain. Based at the Terence McMillan Stadium in Plaistow, 15 Olympians have worn the club's colours including Daley Thompson, Mo Farah, and Christine Ohuruogu.

To read more about the recipients visit www.newham.gov.uk/freedoms



Freedom is a noble gesture

This has been a phenomenal season for Mark Noble, the Canning Town-born captain of West Ham United. He has led a side challenging at the top of the Premier League and enjoyed a star-studded testimonial for 15 years service to the club. Now he has been awarded Freedom of the Borough of Newham.

Mark, 29, becomes the first Hammers player in the 50 municipal years since Newham was formed, to be awarded this honour and only the second sports person after Olympian and Stratford resident Christine Ohuruogu MBE.

He has been recognised for his distinguished service to sport and community, particularly young people.

"I was overwhelmed when I was told I was being considered for the award," he said. "I am honoured to receive it and I will do everything I can to help Newham and the place I was born and bred in, in any way I can."

Mark grew up around East Ham, Beckton and Custom House. He went to the former Woodside School before moving to The Royal Docks Community School in Custom House. "I look back now and how it made me the person I am today," he said. "If I am honest I wasn't at home a lot. I was always on the street playing football or in parks. I played football for the school team, which I loved. We got to play at Stamford Bridge and Wembley. I will never forget those times."

Mark progressed to the West Ham United learning academy. In total he has made more than 360 appearances for the club, scoring in excess of 40 goals.

He said: "I will never forget when

aged 16, travelling to Wigan with the first team. I was in the squad but never going to get on the bench. I was only there to make up the numbers, but then manager Alan Pardew told me to get my kit on and warm up with the lads to get the atmosphere.

"I was warming up and I looked up to our away fans and saw one of my best friends as he walked up the stairs. I remember the shock on his face that I was on the pitch. It was quite surreal for a lad still at school."

"Whatever you want to do, just work hard and put your heart and soul into that."

Mark made his debut at Upton Park as a 17-year-old against Southend United in the League Cup. Unfortunately his father, also called Mark, missed it as he was on holiday. Mark junior said: "Dad has never lived it down because he never thought I was going to make my debut then. I played for 20 minutes and then had to walk home afterwards with my girlfriend Carly, who is now my wife. We walked past fans and they didn't know who I was."

Named club captain in 2015, Mark celebrated his testimonial in April in a game that saw many former West Ham

legends return to the Boleyn Ground.

Next season the club moves to the former Olympic Stadium in Queen Elizabeth Olympic Park. Mark said: "We don't know what it will be like, but it is exciting. It won't seem real until we turn up there for a game, go into the changing room and go out and warm up."

Mark is being honoured for dedication to his club and his service to the community. He is currently working with former Hammers Rio Ferdinand and Bobby Zamora on a community housing project called Legacy and he is also patron of Richard House Children's Hospice in Beckton.

"I have gone to Richard House since I got into the first team," Mark said. "I am touched not just by all the kids and the families who stay there, but the staff as well. The work they do and the patience they have is incredible. I couldn't do it myself because I'm too much of an emotional person."

Mark, who has twice been Hammer of the Year, is the epitome of the local boy who has done well. His message to those who want to follow in his footsteps is simple: "Whatever you want to do, just work hard and put your heart and soul into that. Be a good and respectful person and look after your community."

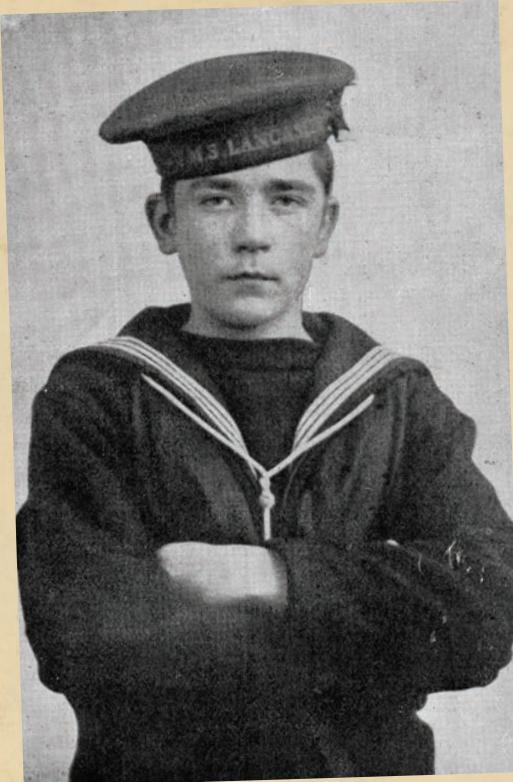


50 Years
of Newham



VC hero parade and ceremony

On Sunday 5 June, an annual parade honouring Victoria Cross (VC) recipient Boy, First Class, John Travers Cornwell VC (who was nicknamed Jack) will take place in East Ham. This year it will feature a special commemorative ceremony and exhibition.



Residents are invited to join us at the Cenotaph in Central Park, High Street South, East Ham, for 10.15am for the laying of the commemorative stone

Residents are invited to attend the event which starts with a parade from the Cornwell VC Cadet Centre, Vicarage Lane at 10am and finishes in the Cenotaph area, Central Park, where a commemorative stone will be laid. After the ceremony, the parade will continue on to Newham Town Hall where a **Newham in the Great War** exhibition and refreshments will be available.

"The Victoria Cross is the highest military decoration awarded for acts of valour in the face of the enemy. The paving stones offer a lasting legacy of heroes within our community."

The ceremony is part of a series of events honouring Newham's five First World War VC recipients, with commemorations occurring near the time of the 100th anniversary of their acts of bravery.

Mayor Sir Robin Wales said: "The Victoria Cross is the highest military decoration awarded for acts of valour in the face of the enemy. The paving stones offer a lasting legacy of heroes within our community."

Jack Cornwell VC was born on 8 January 1900 in Leyton. He later moved to Manor Park where he

attended Walton Road School and was a Boy Scout in the 11th East Ham Troop.

At the age of 15 Jack enlisted with the Navy and after completing his basic training, was ordered to join the fleet at Rosyth in Scotland on the newly commissioned HMS Chester. A few weeks later HMS Chester was involved in the Battle of Jutland and was hit with all of Jack's gun crew, except for him, killed.

Jack himself was severely wounded but managed to stand up and remain at his post, waiting for further orders. He was taken to Grimsby Hospital where he died on 2 June 1916. He was only 16.

At first his death did not seem remarkable but after hearing about the events from the ship's captain, the British Admiralty recognised that Jack had shown exceptional courage and so a recommendation for him to receive a posthumous VC was endorsed by King George V. On 16 November 1916, Jack's mother was presented with the medal by the King at Buckingham Palace.

Roger John Cornwell, 69, a relative of Jack's, was named after him by his proud parents. Roger said people who are aware of Jack Cornwell often ask him if he is related and said he is proud to tell them that he is.

Jack was a cousin to Roger's

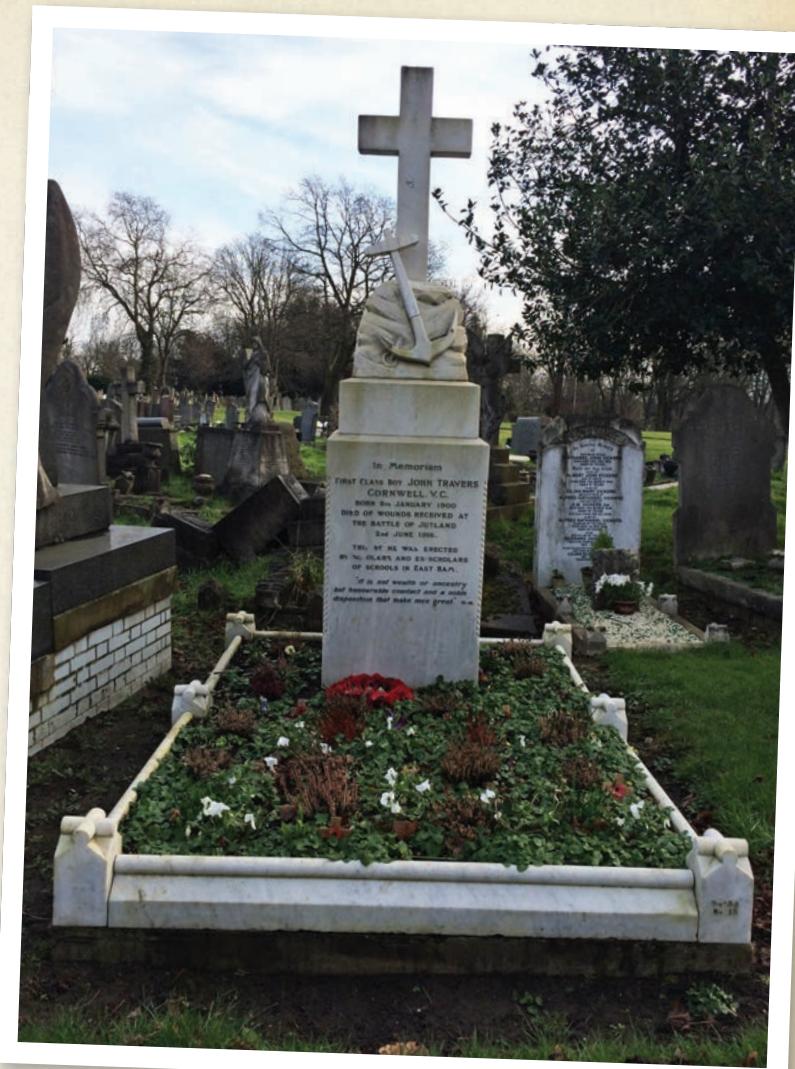


grandfather. Roger's grandmother, who was a generation or two older than Jack, also knew him.

Roger said: "She told me a particular story about him. He was on his last shore leave before his death and he was performing magic tricks for the assembled crowd. You got the impression that he was a fairly normal boy."

Roger is grateful that Jack's name continues to live on in Newham and he welcomes the parade on 5 June. He also paid tribute to the Manor Park branch of the Royal British Legion which has honoured Jack's bravery with a parade over the years.

The legacy of Jack Cornwell VC is still very much alive in Newham today. In Manor Park, there is the Jack Cornwell Community Centre in Jack Cornwell Street, and the Victoria Cross public house and Jack Cornwell VC House in Grantham Road. In Manor Park Cemetery there is Cornwell Crescent and in Vicarage Lane, East Ham, there is the Cornwell VC Cadet Centre, where the Newham Sea Cadets are based.



Newham's VC recipients

Lieutenant George Drewry
Act of Bravery: 25/26 April 1915

Captain Edgar Myles
Act of Bravery: 9 April 1916

Boy Seaman First Class Jack Cornwell
Act of Bravery: 31 May 1916

Lance-Corporal Harold Mugford
Act of Bravery: 11 April 1917

Second Lieutenant Bernard Cassidy
Act of Bravery: 28 March 1918





Farewell Boleyn Group



There's no place like home they say and for 112 years the Boleyn Ground has been home to West Ham United. But now the final whistle has blown at the ground in Green Street and the Hammers are off to the Stadium in Queen Elizabeth Olympic Park.

Since July when the final season at Upton Park kicked off, Newham Mag photographer Andrew Baker has been documenting the last ever games to be played at the famous old ground from the fans' point of view.

Andrew said: "I love photographing people and I've taken pictures on the streets on match days a few times over the years. But the move to Stratford means everything will change and I wanted to record as much of the match day atmosphere around the Boleyn Ground as possible."

"The fans have been great. They are the lifeblood of the club and are there week in, week out. I hope to publish the images in a book later this year which everyone can enjoy as a true record of what match days used to be like at Upton Park."

The Boleyn Ground 1904-2016

First game: 1 September 1904. Beat Millwall **3-0.**

Crowd 10,000

Final game: 10 May 2016. Beat Manchester United **3-2.**

Crowd 35,899

2,398 first-team matches

129 different opponents

Record attendance: 17 October 1970. **42,322.**

Drew **2-2 with Tottenham Hotspur**

Biggest win: 25 October 1983. League Cup. Beat Bury **10-0.**

and News in pictures

“IT’S ALL IN THE WORDS”

The words of US President Barack Obama, American civil rights leader Martin Luther King and Pakistani women's education activist Malala Yousafzai echoed around Newham Town Hall as children from across the borough took part in a speechmaking competition.

Youngsters from a dozen primary schools took part in the second annual Newham Primary Speechmaking Competition organised by the Elmhurst Teaching School Alliance.

As part of the competition, teachers from the schools were involved in a free training session at Elmhurst Primary School in Forest Gate earlier this year. They learned about the craft of speechwriting and vocal performance before returning to their respective schools to teach their pupils.

The primary schools that took part were Salisbury, Essex, Curwen, William Davies, Elmhurst, Nelson, Scott Wilkie, Gallions, Kensington, Vicarage, Park and Hallsville.

The children took to the stage where they shared messages of hope, optimism and social change, as they delivered speeches with the title: “If I could offer you one tip for the future, this would be it.”

“Some people dream of changing the world; our pupils are already doing it.”

The event was hosted by the wordsmith and spoken word poet Adisa the Verbaliser, and was judged by East Ham MP Stephen Timms; Brett Wigdortz OBE chief executive of educational charity TeachFirst; literacy consultant Jane Bednall and Nevin Chinniah, who is part of a reading project.

Jonny Walker, assistant director of teaching school at Elmhurst Primary School, said: “The pupils had obviously been working very hard, as the quality of the speeches was phenomenal. The audience heard the words of Barack Obama, Malala Yousafzai and Martin Luther King spoken with passion and understanding.

“It was very powerful and inspiring to see the children of Newham rising up, confidently and proudly speaking truth to power. Some people dream of changing the world; our pupils are already doing it.”

Jane Bednall, the chair of judges, said: “It was a really good day. The children were amazing; I was so inspired and moved to tears. They make me feel so good about young people.”



Mayor's Promises

2014-2018 Mid Term Update

An introduction from Mayor Sir Robin Wales

When I was elected again in 2014 to serve as Mayor, I made a number of promises that I would deliver over the four years of this term of office. Those promises included delivering the services that residents want and protecting all of us during this time of Government imposed austerity.

As we reach the mid-point of those four years, I can say with confidence that we have protected the services that matter to residents and avoided cuts to those services. It doesn't mean things haven't changed, but if you think a service in your area has been cut, please let me know. (See page 24 for details).

"I can say with confidence that we have protected the services that matter to residents and avoided cuts to those services."

I am always looking for new ways to tackle the issues that affect us most. We are much more efficient and have made sure residents are not negatively impacted by the £117 million of savings we've been forced to make in the past five years, and the £70 million we still need to save by 2020.

The consultation we did with residents last year about what we should be spending money on showed me that what residents value is the same as what the council values. The actions we are taking are a reflection of those values.

Our 2016/17 budget has fairness at its core. It protects services that people rely on; Council Tax is frozen again; and it invests in the things that offer the best opportunities to all of us.

I want residents to be able to get a job or into training. That's why our employment service Workplace has the support it needs to be the best in the country. If people are struggling financially, I want them to be able to get the best advice around. That's why the council set up one stop shop MoneyWorks. I want children to have the best start in life. That's why we continue to develop our Every Child programme.

We were the first to introduce a borough-wide private rented property licensing scheme to tackle criminal landlords. We are helping to keep Newham safe and clamping down on anti-social behaviour. While other areas are cutting libraries, we have extended opening hours to make them hubs at the centre of their communities. We are also making money through initiatives like Red Door Ventures, our private housing company, which is building thousands of new homes for residents to rent.

There is more to do and I will be announcing new initiatives to support residents in the coming months. We are already seeing the results of our work. Four years ago we were listed as the second most deprived local authority in the country; now we are 25th. I promise to support residents with the tools needed to overcome challenges and achieve what we all want to achieve.

**Sir Robin Wales,
Mayor of Newham**



Mayor's Promise #1

Lowest Council Tax in Outer London.

We've put money back into your pockets by freezing the Newham element of Council Tax. **This is the eighth year running we have done this, and once again, we have the lowest rate in Outer London.**



Mayor's Promise #2

Protect the services residents value.

New Deal For Newham

We received a huge response from residents to the Budget Challenge consultation last year. All the views expressed played a part in shaping the council's budget for 2016/17. The council's values and residents' values are the same.

Our budget has protected all frontline services from cuts, while launching a New Deal for residents that commits **£100 million** over ten years to overhaul roads and keep the borough moving, and **£1 million** to crack down on those who dump rubbish.

Mayor's Promise #3

Fund additional police officers dedicated to dealing with residents' priorities.

In 2015 we funded **40 police officers** to help us tackle rogue landlords, crack down on dodgy traders and catch those who fly-tip.

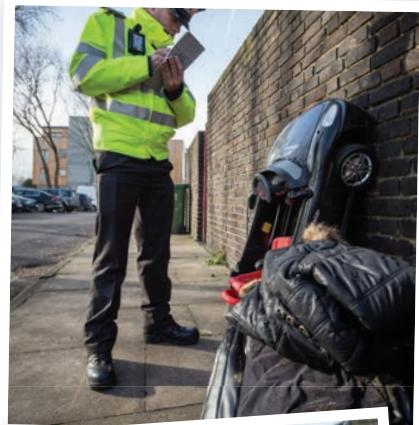
From January to December 2015 there were:

- **1,618 arrests**
- **366 Fixed Penalty Notices (FPNs) for offences such as littering**
- **189 FPNs for disorder offences such as possessing cannabis or being drunk and disorderly in public**
- **362 joint operations with enforcement officers and planning teams to tackle illegal shisha use, rough sleeping or landlord licensing violations**
- **53 alcohol seizures**
- **350 uninsured vehicles seized**

Mayor's Promise #4

Assess the effectiveness of initiatives to reduce crime to make them more effective.

We conduct annual strategic assessments to make sure we are delivering residents' enforcement priorities. Fly-tipping has been highlighted as a priority and we are spending an extra **£1 million** to catch those who dirty our streets.



Police Sergeant Andy Montague said: "We focus on the priorities set for us by the council and residents, whether that's dealing with anti-social behaviour or patrolling the parks."

Mayor's Promise #5

Tackle crime and anti-social behaviour and crack down on those who abuse our streets. Have a dedicated enforcement officer in each ward.



Our **73-strong** enforcement team issues on average **360 enforcement notices** per month, tackling noise, garden waste and other anti-social behaviour. Every ward now has a dedicated uniformed officer.



Mayor's Promise #8

Continue to invest heavily in our employment service Workplace.

Workplace, the biggest scheme of its kind in the country, has been massively successful and has now helped more than **30,000** residents into jobs since it was launched in 2007.



Mother-of-four Lucie Taho, from Forest Gate, was placed into a job as a cleaner at Aspers Casino in Stratford thanks to Workplace. She said: "My adviser at Workplace helped me get the role and it fits in with all my childcare responsibilities. I would recommend Workplace to anyone."

Mayor's Promise #6

Invest an extra £5 million in CCTV cameras and infrastructure, including 200 new cameras of which 100 are wireless cameras deployed where they are needed.

Between April 2015 and February 2016, there were **144** arrests and **298** FPNs issued as a result of CCTV interventions. Cameras are being updated across the borough with **150** analogue cameras being digitised.

Mayor's Promise #7

Invest an extra £4 million in each of the next four years to improve our roads, pavements and lighting. Make Newham look better and feel safer.

In February we launched Keep Newham Moving – a New Deal for our roads, which will see **£100 million** spent on our roads and street lighting over the next ten years, including a commitment to replace streetlighting in the borough with new, brighter LED models.

Key facts for Workplace in 2015/16:

- **Supported more than 4,100 residents into work**
- **More than half of those getting a job were long term unemployed**
- **More than 1,100 residents were trained and up-skilled**

Mayor's Promise #9

Work with schools to continue the excellent improvements in exam results.

In 2015, Newham schools achieved their **best ever** GCSE and A-level results.



Key education statistics from 2015:

- The overall A-level pass rate increased by 0.7 per cent to **98.7 per cent** – higher than the national pass rate of 98.1 per cent
- At GCSE, **59 per cent** of pupils achieved at least five or more passes at grades A* to C including English and Maths, up four percentage points on 2014. The national average was **53.8 per cent**

Continue free school meals for primary school children.

Free school meals are offered in **69** primary schools. The take up rate across the borough was **91.8 per cent**. This saves working households on average **£500** per child per year.



Continue the Every Child a Sports Person programme, offering opportunities to try 20 different sports, and the Every Child a Theatre Goer programme.

More than **3,500** Year 7 pupils participated in sports sessions for free – a take up rate of almost **90** per cent. Most of the sports offered were not on the PE curriculum, and we are adding more.

Almost **4,500** primary school pupils saw Chotto Desh at Stratford Circus, the solo show of Olivier award-winning choreographer Akram Khan. More than **7,000** secondary school pupils visited the Theatre Royal Stratford East, Shakespeare's Globe Theatre and the National Theatre.

Continue the Every Child a Musician programme, offering three years free tuition.

Last year our Every Child a Musician (ECaM) expanded by more than a quarter to deliver more than **360,000** music lessons, including some children in Years 3 and 4 for the first time.



Ossy Duncan is an ECaM tutor teaching young people at the Coborn Centre for Adolescent Mental Health in Plaistow. He said: “In all their education we try to give them as much information as possible because music is something you keep for the rest of your life.”

Huzaifa Muhammed, a Year 6 pupil at Colegrave School, Stratford, went to see Chotto Desh. He said: “I've only been to the theatre once before and I was really excited to see this show. It taught me about a different background and that's good for understanding different cultures and getting along with people.”



Continue the Reading Guarantee programme, offering one-to-one tuition to younger children struggling to read.

The Reading Guarantee continued to

deliver results. Overall, 83 per cent of pupils passed the phonics screening test at the end of the 2014/15 academic year – the third highest rate in the country. For deprived children, our pass rate was the highest in England.



Mayor's Promise #10

Review the skills offer and ensure young people and adults are offered greater and better choice.

We are working with schools and colleges to reform the skills offer in Newham. Using our success with Workplace as a model, we are moving towards an employer-led system that prepares people for the labour market.

Mayor's Promise #11

Offer free tuition for residents who want to learn English, including through language labs, courses offered by volunteers or tutors, and community 'chatterbox' sessions.

In the past academic year, almost 3,000 residents enrolled in English for Speakers of Other Languages (ESOL) classes.

Mayor's Promise #12

Set up a one stop shop, MoneyWorks, to offer support to responsible residents including pay day loans at fair rates, access to loans for white goods at fair rates; a life changing fund; access to low cost home furnishings; crisis loans; credit to clear loans in certain instances; and guidance and loans to help with energy bills.

We are the first council to offer loans to residents who are unable to get credit elsewhere, based on what we know about them. The Moneyworks store, opened by the council in February, guarantees to support residents with money management tips, fair deals on loans and everyday purchases, whatever their circumstances.

Money Works has already:

- Issued almost 100 loans
- Held more than 450 appointments with advisers
- Run 24 workshops on money management and advice



Canning Town resident Joy Emovon has already sought advice at MoneyWorks. She said: “I enjoyed my session and the staff are very welcoming and friendly. It's a great location too inside Stratford Shopping Centre.”

Mayor's Promise #13

Support resilience and develop a model where payment is linked to satisfaction for those who use our care services.

Where opportunities arise, we have implemented payment-by-satisfaction for care services. We continue to do so as contracts come up for renewal.



Mayor's Promise #14

Fully fund the Freedom Pass, offering free travel on public transport including buses, Tube, train and Docklands Light Railway.

A total of **43,000** residents hold Freedom Passes. We fund **3,650** Disabled Persons Freedom Passes.

Mayor's Promise #15

Reduce anti-social behaviour and improve accommodation in the private rented sector by licensing all privately rented property.

Since its launch in January 2013, there has been **36,037** licences issued.

Key facts for property licensing projects since 2013 are:

- **Almost 800 prosecutions against landlords, mainly for failing to licence and poor conditions Inspected**
- **338 cautions for technical offences**
- **28 landlords refused licences**
- **£1.1 million additional Council Tax collected**



Mayor's Promise #16

Within ten years, facilitate the building of 3,000 new homes and the purchase of a further 500 for people to rent at a level that suits their income.

We have created Red Door Ventures with the intention to build **15,000** new homes over



the next ten years. One scheme in Stratford is complete and others are in construction in East Ham and Plaistow. The first properties have already been rented out.

Our shared equity scheme NewShare is also helping to get residents on to the housing ladder. People who cannot afford a full deposit are eligible for an equity loan from us on up to **50** per cent of the property, if they can obtain a traditional mortgage for the remainder. Residents must pay back the loan within 25 years. The first **47** shared equity properties were completed during 2015/16.

Local Space, a social landlord set up by the council, has provided more than **1,800** homes to homeless families in Newham and neighbouring boroughs. Another **800** homes are on the way.

NewShare supported social worker Scaria Joseph and his family to purchase their house. He said: **"We haven't had a single regret about buying through NewShare. We love our house and it's a huge relief to be close to our jobs."**

Mayor's Promise #17

Pay the London Living Wage and review rates of pay offered by contractors.

We pay all directly employed staff at least the London Living Wage. We challenge our contractors to offer a fair deal to their own staff.



In addition to these promises we continue to offer:

Free swims for under 16s and over 60s at council leisure centres



Weekly household waste collection



Grants to support residents to host events and activities to bring the community together



Large programme of free events across our eight community neighbourhoods



First parking permit free for residents living in a residential Parking Zone

Opportunities for residents to see events in the former Olympic Stadium for free

Contact the Mayor

Sir Robin Wales holds regular sessions where you can discuss matters that are important to you. Please arrive 30 minutes before the start of each session to register your attendance.



- > **1st Thursday of the month, 11am, Old Town Hall, Broadway, Stratford, E15.**
- > **2nd Thursday of the month, 11am, Canning Town Library, Barking Road, E16.**
- > **3rd Tuesday of the month, 5pm, The Gate, Woodgrange Road, Forest Gate, E7.**
- > **4th Saturday of the month, 10am, East Ham Customer Service Centre, Barking Road, E6.**
- > There are also regular telephone surgeries to register queries. Call **020 8430 2000** on the second and fourth Wednesday of each month from 10-11am. Sir Robin will look into your query and call you back once it is investigated.

You can also write to Mayor of Newham, 1000 Dockside Road, London E16 2QU or email mayor@newham.gov.uk

New Deal For Newham

Newham Council has agreed its budget for 2016/2017 and a New Deal for residents. This is what it means for you:

- ▶ No cuts to frontline services
- ▶ Freeze Newham's part of the Council Tax for the eighth successive year
- ▶ Lowest Council Tax in Outer London
- ▶ £100 million spent over ten years to keep Newham moving, bringing roads, paths and lights, to a standard acceptable to residents
- ▶ Borough-wide residential parking zones giving residents priority over parking in their neighbourhood; support for car clubs; tougher enforcement of yellow box junctions
- ▶ Visitor teams to encourage residents, businesses and schools to recycle and keep neighbourhoods free of rubbish
- ▶ £1 million on an enforcement team to deal with those who dump rubbish
- ▶ 40 additional police officers
- ▶ Help for residents to find jobs through our employment service Workplace
- ▶ Improving properties in the private rented sector and delivering more affordable homes
- ▶ Bulky waste collection charge for 12-month trial period
- ▶ Introduce the Government's two per cent care tax to cover their underfunding of adult social care services.

If you think a council service in your area has been cut, please email newdeal@newham.gov.uk

ROCK OUT TO AC/DC

As part of Newham Council's commitment to offer opportunities for residents to watch events in the former Olympic Stadium for free, we have 18 pairs of tickets up for grabs to see rock legends AC/DC.

Newham Council's £40 million loan investment in the former Olympic Stadium was about securing a legacy and ensuring it is a multi-purpose venue for sport and other entertainment, and delivers significant community benefits including job creation and increased sports participation.

Those aims are becoming a reality with the move for West Ham United next season, the Great Newham London Run which will finish in the Stadium in July and also with the news that rock legends AC/DC will make history as the first band to perform at the transformed venue.

An added bonus for our residents is that they now have the chance to win tickets to see the band.

Mayor Sir Robin Wales said: "When we invested in the former Olympic Stadium it was on the basis that the loan would

be repaid and our residents would have unparalleled access to events like this, giving them experiences that will create memories to last a lifetime."

The Australian superstars are due to perform as part of their European 'Rock or Bust' tour. The band will be joined by Axl Rose who replaces their frontman Brian Johnson who had to withdraw due to health issues.

AC/DC originally formed in 1973 and are known throughout the world for their hits Back in Black, Highway to Hell and It's a Long Way to the Top. Their last album, Rock or Bust was released in 2014 and is the first without their founding member Malcolm Young.

The Mayor of Newham has 18 pairs of tickets up for grabs for the concert which will be held at the Stadium in Queen

Elizabeth Olympic Park on 4 June. To be in with a chance of winning, simply answer the following question:

Axl Rose will join AC/DC on stage at the Olympic Stadium. Which band does he usually sing with?

All entrants must live in Newham and proof of address must be shown on collection of the tickets. The competition will run from 9am Friday 20 May until midnight Tuesday 31 May.

For further details on how to enter, please visit: www.newham.gov.uk/mayorsfreegiveaway



Angus Young,
co-founder of
AC/DC

Shakespeare & sand at — THE MAYOR'S — NEWHAM SHOW



In the previous edition of the Newham Mag we told you that Newham's biggest **FREE** family event, The Mayor's Newham Show, will be returning to Central Park, East Ham, on Saturday 9 and Sunday 10 July from 12noon-6pm.

We featured what will be taking place on the children's stage, inside the cabaret tent and village fete, so be sure to read it so you don't miss out. Let's see what other fun filled activities are taking place on this fantastic **FREE** weekend of family fun.

- donkey rides
- beach huts
- deck chairs
- paddling pool
- live steel band
- and fun family activities.

Children's entertainment area

Expect a phizz-whizzing and fantastic time as we mark 100 years since the birth of Roald Dahl. This year's theme will capture his imagination and mastery for outlandish tales including Matilda, Fantastic Mr Fox, George's Marvellous Medicine, James and the Giant Peach, The Twits, Willy Wonka and the Chocolate Factory and many more.

So come along and let your imagination go wild in this land of creativity and



Newham Seaside

The tennis courts in Central Park will once again be transformed into a traditional British seaside experience complete with:

- 40 tonnes of sand
- bucket and spades
- helter skelter





intrigue where you can:

- mix up a truly marvellous medicine on George's farm
- crawl down a fox hole and save the chickens from Mr Fox
- play games in Matilda's playground
- make your own ears and learn to stilt walk with our very own big friendly giant
- visit the pet shop in Esio Trot and Willy Wonka's chocolate factory
- don't miss street art performances and take part in the many rides, quizzes and challenges.

The Mayor's Newham Carnival

Saturday 9 July will see the return of the Mayor's Newham Carnival with the procession starting at 2pm. It's always an amazing and vibrant display of colourful costumes, dance and music created by schools and community groups from across Newham.

Mayor Sir Robin Wales said: "More than 2,000 people enjoy taking part in the parade every year and thousands more line the streets in East Ham to cheer them on."

The theme for this year's parade is 'Turning the Pages' and celebrates the

wonderful power of literature inspired by William Shakespeare, Charlotte Bronte, Beatrix Potter, Roald Dahl and A.A. Milne's Winnie the Pooh, who all have special anniversaries this year. Some of their famous stories and other wonderful tales from around the globe will influence the carnival's design and content this year.

To help get you in the carnival spirit, residents are invited to attend a **FREE** community carnival class. Here you'll work with art specialists to design and create your very own carnival costume and props. The classes are open to people of all ages and abilities and are a great way to have fun and meet new people while learning some new skills.

The classes take place on Saturday 25 June and 2 July, 1-3.30pm, at East Ham Customer Service Centre and Library, 328 Barking Road, East Ham, E6 2RT.

To book your free place and for further information email carnival@newham.gov.uk

Look out for the other exciting things that are happening at this year's show in the next edition of the Newham Mag. For regular event updates this summer visit:

www.newham.gov.uk/mns

f [NewhamEvents](#)

t [@NewhamLondon](#) #NewhamShow



FREE TASTER DAY SATURDAY 4 JUNE!
CHOBHAM ACADEMY, NEXT DOOR TO THE OLYMPIC PARK!

CAMP HORIZONS SUMMER CAMP

FOR AGES 8 - 14

25 JULY - 05 AUG & 22 AUG - 02 SEPT

INDOOR AND OUTDOOR ACTIVITIES!

EARLY BIRD OFFER: 10% OFF 1ST BOOKING!
USE CODE NEWHAM2016 (BY JUNE 6)

WWW.CAMPHORIZONS.CO.UK /
ENQUIRIES@CAMPHORIZONS.CO.UK

NHS
Newham
Clinical Commissioning Group

Newham London

Are you a carer?

Carers Week
6-12 June 2016

If you provide unpaid support to a family member, friend or neighbour we are here to help.

Come along to one of our **FREE** events across the borough to find out what support is available to you if you provide unpaid support to a partner, child, relative, friend or neighbour who could not manage without your help.

For details visit www.newham.gov.uk/carers or call 020 8430 2000 (option 2).

Building stronger families

Revised Bank Holiday refuse and recycling collection days

Collection day	Revised collection day
Monday 30 May	Tuesday 31 May
Tuesday 31 May	Wednesday 1 June
Wednesday 1 June	Thursday 2 June
Thursday 2 June	Friday 3 June
Friday 3 June	Saturday 4 June

To check recycling collection dates for your area please visit www.newham.gov.uk/myneighbourhood and enter your postcode into the search. Please note that most recycling collections are fortnightly.

visit www.newham.gov.uk/recycling



Helping you to beat Type 2 diabetes

Newham residents at high risk of developing Type 2 diabetes can now join a programme to help them make healthy changes to their lifestyles as part of a new national initiative.

Newham Clinical Commissioning Group (CCG) together with Newham Council has been chosen to be part of the first stage of a nationwide Healthier You: NHS Diabetes Prevention Programme.

Diabetes is a condition in which the amount of glucose in your blood is too high because the body can't produce enough insulin, or when the insulin that is produced doesn't work properly. While Type 1 diabetes cannot be prevented, Type 2 diabetes is largely avoidable through lifestyle changes. In Newham, there are more than 24,500 residents diagnosed with Type 2 diabetes – nearly eight per cent of adults in the borough.

If you are at risk of developing Type 2 diabetes you will be referred to the Newham Community Prescription (NCP) programme to encourage you to be more physically active.

Eligible patients will have the chance to join physical activity classes of their

choice, such as zumba, salsa dancing or Tai Chi, through a prescription from their GP. The classes will be tailored towards the needs, cultures and lifestyles of patients and will be provided by local voluntary and community sector groups.

"Losing weight, regular exercise, and enjoying a healthy diet can reduce this risk."

They will also receive tailored information to help them understand the long term complications of developing Type 2 diabetes, which can include heart disease, stroke or kidney disease, as well as advice on how they can make lifestyle changes and stay healthy.

Councillor Clive Furness, mayoral adviser for adults and health, said: "Not

only are there high numbers of people in Newham currently diagnosed with diabetes but also many at high risk of developing it. Losing weight, regular exercise, and enjoying a healthy diet can reduce this risk.

"Working with the CCG we will be able to tailor personalised help and support for those at risk of developing Type 2 diabetes. Not only will this ensure our residents will be able to live healthier lives it will also help reduce the pressure on our health services."

For more information visit :
<http://www.newhamccg.nhs.uk/GetInvolved/newham-community-prescription.htm>
or email enquiries@newhamccg.nhs.uk

KAIZEN BOYS BRING BACK THE SILVER

Footballers at Kaizen Primary School, in Plaistow, have won the Newham Primary League for the second time in three years, beating Keir Hardie in the final to guarantee bringing the silverware back to the school.

Having won the league in 2014 and been runners up in 2015, this year the team produced an unbeaten run and won the final game 2-1.

The thrilling match saw Keir Hardie take the lead, but goals after the break from Johneli Lungikisa and Joe Ship took the Kaizen team to victory.

Head teacher Rebekah Iiyambo said: "We are immensely proud of the boys, who have been amazing all year."

Joint head coaches, Stephen Lawrence and Jason Summers said: "They have worked extremely hard and have been fully committed to the team throughout the season. This is a fully deserved result."

The full team comprises Joe Ship, Joel Mputu, Johneli Lungikisa, Wardi Aden, Martin Kovalchuk, Regy Buleche Oyo, Wahid Aziz, Raphael Joel Bekoe and Enos Duah.



Empowering pupils to train teachers

At most schools it is teachers who plan their own training days but forward thinking St Edward's Catholic Primary School put children in charge of teacher training for a day.

A committee of 11 pupils, guided by the assistant head teacher Natasha Pluckrose, spent six months planning a teacher training day at the school in Green Street, Upton Park. They tracked the performance of the school's educational targets which were linked to its School Improvement Plan (SIP).

They also conducted interviews with pupils, met with governors and took photographs of lessons in action. At the end of the six months they collated their findings to create material presented for an hour and a half's training.

Natasha Pluckrose paid tribute to the children and their "amazing leadership qualities." She said: "They were articulate and confident in the delivery of their presentation and even tested staff on curriculum knowledge.

"It was an amazing experience that really showcased not only pupils English and ICT skills but their potential as young leaders of the future."



BASKETBALL NETS FRANKLIN AN AWARD WORTH £250

A student at St Bonaventure's School in Forest Gate has won a Jack Petchey award for his commitment to basketball.

A set of basketball shooting shirts will be purchased by the school's PE department with Franklin Agu's £250 award money.

Franklin, 13, has been a consistent and hard working member of the basketball team since he joined the school from St Winefride's Primary in Manor Park two years ago.

The school says he has demonstrated great leadership qualities throughout this year guiding his Year 9 team to a coveted London title recently. The national title is in the team's sights too and with Franklin's help that dream seems a real possibility.

Aaron Senior, Head of Year 8 at the school, said: "Under Franklin's guidance, the players were always at practice on time and ensured they had a positive and energetic frame of mind which ultimately led them to a fast start and an eventual win."



Learning the hard sell, all for a good cause

Pupils from a Stratford secondary school spent a day pitching for sales, working out budgets and getting merchandise to help raise cash for a charity.

The youngsters from East London Science School, spent a day in Stratford Shopping Centre and at Westfield to raise cash for the Save the Children Fund.

The 39 students organised a Young Apprentice-style day and pitched for business. They split into groups to raise as much cash as they could.

The winners were treated to a day out at Thorpe Park leisure park in Surrey the following week. A cheque for the total amount raised, £1,000, was presented to a representative from the charity during a special assembly.

David Perks, principal at the school, said: "We are thrilled to see our pupils really engaging with the public by raising £1,000 for Save the Children Fund in just one afternoon during their Young Apprentice competition."



Rugby aces boost children with needs

Players from East London Rugby Club showed their caring side when they raised £350 to help youngsters with special educational needs (SEN).

Forty players from the club at the Memorial Ground in West Ham staged a St George's Day fund-raising match between England and the Rest of the World.

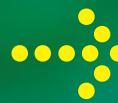
All those who took part paid to play. The money raised will buy equipment for the club's Sunday morning coaching sessions for SEN children, run by club captain Rob Herbert and occupational therapist and child counsellor Ciara Baxter.

Ciara, who captains East London Ladies, said: "Rugby enables young people to develop motor, co-ordination and social skills. It's a great fit with children with needs and disabilities. Sessions are fun and tailored to individual capabilities."

The free SEN sessions, supported by Newham Council, take place on Sundays from 10-11.30am for youngsters aged six to 16 of all abilities. For details email [Newhamsenrugby@gmail.com](mailto>Newhamsenrugby@gmail.com)



Kids' corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY



Darshan P Binu, 7



Sara Adel Ahmed, 9



Hashani Vipulanantha, 9



Shaima Agbogbodo, 9

Win free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Picture
house
STRATFORD

Colour-me-in Wordsearch

Jokes

Q: Why was six afraid of seven?
A: Because seven, eight, nine.

Q: Where should a 500 pound alien go?
A: On a diet

Q: What did one toilet say to the other?
A: You look a bit flushed.

Q: Why do bicycles fall over?
A: Because they are two-tired!

Q: What do you call a boy named Lee that no one talks to?
A: Lonely

Q: What gets wetter the more it dries?
A: A towel.

Q: Why are teddy bears never hungry?
A: They are always stuffed!



F	E	M	N	B	E	R	G	E	L	L	T	P	L	C	T	N	E	S	M	
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Bushes

Dogs

Ears

Exercise

Flowers

Hedge

Park

Patches

Plants

Spring

Tail

Wagging

WHAT'S ON?

Download our What's On app at www.newham.gov.uk/neighbourhoodevents

OUR THRILLING THREE...

1

Get active, get healthy: line dancing and folk dance – a free class for men and women, aged over 50, to get fit while enjoying line dancing and folk dance. Every Thursday until 29 September, Barking Road C.C, 627-633 Barking Road, Plaistow.

2

Children's Yoga – fun, free interactive sessions to help the young learn a vital exercise. Thursday, 2 June, 2.30-4pm, at Manor Park Library, 835 Romford Road, Manor Park.

3

Park Life Walks – an opportunity to enjoy free guided walks to local parks. All ages, abilities welcome. Meet at 10.30am on Mondays at Green Street Library, 337-341 Green Street, Upton Park.

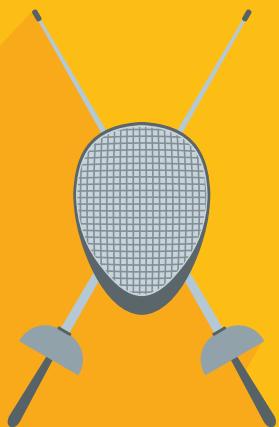
STORY TELLING, HALF TERM SPECIAL

A free treat for book lovers as the author of Captain Fantastic and the Hullabaloo at the Great Space Zoo, Tommy Balaam, will read his book at Manor Park Library, at 835 Romford Road, Manor Park. 2.30-4pm, Tues, 31 May and Thurs, 2 June, 2-3pm at The Gate.



TRY SOMETHING NEW... FENCING WITH NEWHAM SWORDS

Classes for budding young pirates and even old ones to brush up their dashing skills. Classes held on Wednesdays and Thursday from 6-9pm and on Fridays from 7-10pm at SportsDock at UEL, the Docklands Campus, E16. Call Linda Strachan on **07956 618898** or email her on lindastrachan@hotmail.com



Indicates free sessions

Libraries unless stated

UNDER-FIVES



Toy Library

Introducing toddlers to borrowing toys. *Thurs, 11-12noon, Beckton*

Storytelling

Mon 11-11.45am, Tues 10.30-11.30am, Beckton; Tues 10.30-11.30am, Thurs 2-3pm, Plaistow; Sat 11.30am-1pm, Green St; Tues, 10.45-11.30am, Canning Town; Tues, 10.30-11.30am, Beckton; Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10.30-11.30am, Manor Park; Mon, 10.30-11.30am, Custom House; Tue, 10.30-11.15am, The Gate

Stay and Play

Support for parents and carers to develop their child through play.
Tues, 9.30-11.30am, Jeyes C.C; Thurs, 1.30-3.30pm, Jack Cornwell C.C; Weds, 10-am-

12noon, Sat, 11am-1pm, Stratford; Mon, Tues, 11am-12noon, Weds, 11am-1pm, Sat, 12noon-1pm, Green St

Jiggaree Session (term time) *Fri, 10-11am, Plaistow*

Reading Together

Thurs, 2.30-3pm, Custom House

Rhyme Time

Mon, 2.45-3.30pm; Tues, 10.30-11.15am, North Woolwich

Bumps and Babies

Fri, 1.30-3.30pm, The Gate; Mon, 1-3pm, Beckton Globe

Baby Sensory Group

Precious early learning for babies up to 13months, but places are limited (first come first serve).
First Thurs of the month, 10-45-11.30am, Beckton Globe

YOUNG PEOPLE



Games Club (7-16yrs)

Sony PS3, XBox360, Nintendo Wii, board games and more.

Thurs, 4-6pm, Plaistow; Tues, 3.30-5.30pm, Custom House; Weds, 3.30-5pm, The Gate; Thurs, 4-6pm, Canning Town; 5-7pm, Beckton Globe (5-12yrs); Fri, 5-7.30pm, Green St

Froud Young Project (7-16yrs)

Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C

Arts and Craft Workshop (5-12yrs)

Tues, 4-6pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich; Weds, 5.30-7.30pm, East Ham; Thurs, 6-7.30pm, Manor Park; Mon, 4.45-5.45pm, Beckton Globe

Young Readers Club (7-12yrs)

Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich

East Ham Youth Zone

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

Kids Dance

Sat, 5.30-7pm, Green St

Family Movie Club

Free films for all the family. Fri, 5.30-7pm, Manor Park; Sat, 4-5.30pm, Green St

Homework Club

Fri, 4-5pm, Beckton; Fri, 4-6pm, Canning Town; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Manor Park; Mon, 3.30-4.30pm, North Woolwich; Mon, 3.30-5pm, Plaistow Library; Sat, 1-3pm, Stratford; Sat, 10.30-12.30pm, The Gate; Sat, 2-3.30pm, Green St

Film Club (16+)

Thurs, 1-3.30pm, North Woolwich

Children's movie club (5+)

Thurs, 4-7pm, North Woolwich Tues, Sat, 4.30-6.30pm, Manor Park; Thurs, 4-6pm, The Gate

Board Games Club

Tues, 4-5pm, Sun, 1.30-2.30pm, Stratford; Wed, 6-7.30pm, Manor Park; Sat, 11am-12noon, North Woolwich; Fri, 5.30pm-6.30pm, Beckton

Young People's Positive

Activities (9-19yrs)

Weds, Fri, 7-9pm, Harold Road Centre; Weds, Thurs, 5.30-8.30pm, Katherine Road C.C.

Family Film Night

Sat, 5.30-7.30pm, East Ham

Crafty Challenges

Fri, 5.30-6.15pm. All ages welcome, East Ham

Karaoke Night

Mon, Fortnightly, 6-7.30pm Beckton Globe Youth Zone

1st Stratford Brownies

(7-10 yrs) Girls only children's group. Weds, 6.00-7.30pm, Play Sow and Grow, 6 Gay Road, Stratford, E15 2RN, £20 per term (10 weeks). Email guidinginstratford@outlook.com

East Ham Performing Arts

Fri, 6.30-7.30. All ages welcome, East Ham

Cartoon Club

Mon, 3.15-4pm, Weds, 4-5pm, Green St

Half Term Fun

For more details call 020 3373 0857 or email CN.Greenstreet@newham.gov.uk Fri 27 May until Sat, 4 June, Green St

Canvas Art

Children get chance to paint their favourite picture on canvas. Sat, 28 May, 2.30-4pm, Manor Park

Mosaic Art

Creative session of mosaic designing with colourful materials. Weds, 1 June, 2.30-4pm, Manor Park

Games of Words

Games session for children to play with pictures and words Fri, 3 June, 2.30-4pm

Music, Fun and Dance

Fun time for children and family to dance to their favourite tunes. Sat, 4 June, 2.30-4pm, Manor Park

ACTIVITIES AND SUPPORT



Afternoon tea

Weds, 4-5.30pm, Canning Town

Chess Club

Tues, 3.45-5.15pm, Beckton; Mon, 5.30-7.30pm, and Thurs, 5.30-7.30pm, East Ham; Weds, 5.30-7.30pm, Green St; Thurs, 5.30-7.30pm, Stratford; Tues, 5.30-7.30pm, The Gate

Coffee Mornings

Tues, 11.30-1pm, Beckton; Mon 11-12.30pm, North Woolwich; Thurs, 10.45-12noon, Canning Town; Tues, 11-12.30pm, Custom House; Weds, 25 May, 10.30am-12noon, Custom House

Do It Online (18yrs+)

Six-week or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon, East Ham; Weds, 2-4pm, Stratford; Tues, Thurs, 11am-1pm, Green St; Tues, 10am-12noon, Katherine Road C.C.; Tues, 2-3.30pm, North Woolwich; Weds, 2-3.30pm, Beckton Globe

Knit & Natter (16yrs+)

Weds, 10am-12noon, Beckton; Fri, 10.45-12noon, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Fri, 10am-12pm, Plaistow

ICT Surgery

IT advice for all ages. Fri, 2-4pm, Canning Town

ICT Drop-in Session

Set up a My Newham profile and create an email account. Fri, 11am-1pm, The Gate; 10.30am-12.30pm, Green St; Weds, 10.30-12noon, Stratford

Deafroots Deaf Club

Including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email angel@deafroots.org.uk or text on 07985 242 778.

Adult Reading Groups

Thurs, 2 Jan, 6.45-7.45pm, Plaistow

Life in the UK Classes

12-week course. Contact 020 8542 3904. Weds, 10am-12noon, East Ham; Weds 12.30-2.30pm, Fri 10am-12noon, Plaistow; Fri, 12.30-

2.30pm, Green St; Tues, 12noon-2pm, Stratford

ESOL for Beginners

Tues, Fri, 1-3pm, Plaistow; Tues, Fri, 9.30am-12.30pm, Jack Cornwell C.C; Weds, Thurs, 9.30am-2pm, Katherine Road C.C. Call 020 8548 9825 to enrol. Mon and Weds, 9.30am-3pm, Beckton C.C.

ESOL for Absolute Beginners

Weds, 9.30am-2pm, Katherine Road C.C

Safer Neighbourhood

Drop-in Weds, 10am-11am, Stratford; Thurs, 26 May, 10-11.30am, Canning Town; Tues, 31 May, 11am-12.30pm, Custom House

Sewing Class

Weds, 10am-12noon, Beckton C.C. £2 per session.

Ballroom Dancing

(18yrs+) Tues, 2-3pm, Beckton C.C; Thurs, 2.30-4pm, Field C.C

Citizens Advice Sessions

Advice sessions on money management, energy saving and debt. Appointment only. Mon, 11am-1pm, Manor Park

Introduction to Newham Online Course

More than 500 free courses. Sat, 11am-12.30pm, Manor Park

Basic Computer Skills

Fri, 10.30am-12.30pm, Manor Park

My Newham Workshop

Register with My Newham and access council services. Tues, 6-7.30pm, Manor Park

Stratford London Toastmasters

Public speaking & leadership club. 1st and 3rd Monday of each month, 6-8pm, Stratford

Embroidery Group

Thurs, 10.30am-12.30pm, Manor Park

International Lunch Club

Cost £3 per meal. First come, first served. Mon, 12noon, Beckton C.C.

Docklands Drop-In Group

Weds, 1-3pm, Beckton C.C.

Chai and Chat Women

Group (18+) For women who use the mental health service only. Weds, 10.30-12.30pm, Plaistow

BPCA Day Care Centre

For people with multiple disabilities. Mon-Fri, 9am-4pm, Beckton C.C.

Workplace Drop-ins

Discuss job vacancies training etc. Thurs, 2 June, 2.30-4pm, Canning Town

Employment Support

Session Last Weds of every month, 5.30-7.30pm East Ham

Get Connected

Bring your own device. Weds, 1-2pm, Green St

English Conversation

Club Mon, 6-7.30pm, Manor Park; Weds, 10.30-11.30am, Manor Park; Thurs, 3-4pm, Rabbits Road Institute; Mon, 11-12noon, East Ham; Weds, 10.30-11.30am, Beckton Globe; Sat, 10-12noon, Stratford; Mon, 10-11am, Plaistow

Model Train Workshop

Mon, 12.30-3.30pm, North Woolwich

CYANA

Cancer You Are Not Alone, drop-in advice session. Thurs, 26 May, 3-5pm, The Gate

Oral Health Drop-in

Thurs, 2 June, 3-5pm, The Gate

Gamers Group

For adults with Asperger's Syndrome (AS) and High Functioning Autism (HFA). Thurs, 26 May 1-3pm, Plaistow

Martial Arts (7-12yrs)

£2. Tues, 6.45-7.45pm; Thurs, 4.45-5.45pm, Beckton Globe

Table Top Sale

£5 per table. 28 May, 9am-2pm, Jack Cornwell C.C.

Basic English for

Beginners Mon, Weds and Thurs, 10.30-11.30am, Green St

Creative Writing

Thurs, 26 May, 5.45-7.30pm The Gate. Thurs, 26 May, 6.30-8pm, Beckton Globe.

Together We Can

Fortnightly social group for adults under 50 who have had a stroke. Fri, 27 May, 2-4pm, Plaistow

Acupressure

Relieve physical and medical problems with pressure points. Age: 16+, £5 per session. Sat, 1-3pm, Plaistow Library

COMMUNITY ACTIVITIES



Mums2be Meetup

Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email newham@nct.org.uk

Mums, Bumps and Babies

Fri in various cafes around Newham. Visit www.netmums.com or email jojostevie@live.com

Junior Volunteer Police

Cadets (10-12 yrs, term time) Weds, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

Senior Volunteer Police

Cadets (13-17 yrs) Weds, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

Newham Super Choir

Tues, 10.30-12noon, Beckton C.C, free for all ages.

BOXING AND SELF DEFENCE



Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

Fight For Peace Boxing

Mon to Fri, 4-5pm 10-14yrs; Mon to Fri, 5-9pm, 14+yrs Woodman St, North Woolwich, E16. Call 020 7474 0054

West Ham Boys ABC

Mon, Weds, Fri, mixed (8-16yrs), 5-6pm, Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13.

Call 020 8472 3614

Boxing and Self Defence

(16+) Tues, 5.15-6.15am, Jack Cornwell C.C

HEALTH AND FITNESS



Salsa Dancing (18yrs+)

Mon, 3.15-4.45pm, Beckton C.C; Tues, 11.45am-12.45pm, Field C.C

Nordic Walking

Weds, 9.15-10.30am. Meet at Field C.C. Not suitable for wheelchairs.

Tai Chi Class

Fri, 10-11am, Beckton C. C. Fri, 11am-12pm, The Gate

Yoga

Cost £7.50 for 10 weeks, for 50+. Mon, 10-11.30am, Beckton C.C. TT; Mon, 6-7.30pm, Green St, £1. Thurs, 6-7.45pm, Plaistow; Thurs, 6.15-7.45pm, The Gate; Sat, 10am-12noon, Plaistow (£1 per session)

Tone-Tastic

18+ Mon, 2-3pm, Weds, 9.30-10.30am, Field C.C.

Aerobics

Tue, 9.30-10.30am, Jack Cornwell C. C £2

Keep Fit to Salsa (18+)

Tues, 11.45am-12.45pm, Field C.C; Mon, 3.15-4.45pm, Beckton C.C. Sat, 2.30-5pm, The Gate

Zumba

UnityZumba. All 8-9pm.

Mon, Lister Room, East Ham Town Hall; Tues, St Mark's Community Centre, Tollgate Road, Beckton; Weds, Lister Room, East Ham Town Hall; Thurs, St Mark's Community Centre, Tollgate Road,

Beckton. All sessions £5. Book at 07886 884573 or at info@ufdance.co.uk

Bollywood Exercise Class

(14+) Sat, 11am-12noon, Katherine Road C.C.

Slimming World Mon, 5.30-9pm, Beckton C.C. £5

Hatha Yoga

Fri, 10.45am-12.15pm, Jack Cornwell C. C. Over 18s, £3

50+ ACTIVITIES



Bingo (50+yrS)

Mon, 12-1pm, Beckton C.C.; Mon, 12-4pm, Jeyes C.C; Thurs, 7-9pm, Jack Cornwell C.C

ICCAN

Faith based group with cultural activities. Fri, 12-2pm, Jeyes C.C

Active Centre 50+ Group

Weds, 12noon-4pm, Field C.C; Mon, Weds, Fri, 1.30-4pm, Beckton C. C.

Dominos Group

Fri, 6-10pm, Field C.C

Chair Based Yoga

Tues, 12.30-1.30pm, Manor Park

Forever Young

Enjoy community activities and make new friends. Weds, 11am-1pm, Beckton; Weds, 10.30am-12.30pm, Field C.C.

Pilates Classes

Tues, 9.30-10.30am, Field C.C

Happy Living Club

Indoor and outdoor activities. Tues, 1.30-5.30pm, Jeyes C.C

Holiday Spanish Club

Weds, 12.30-1.30pm, Manor Park

Walking Football

Tues, 10-11am, Priory Park E6 1QH. Email mark.blythe@bonnydowns.org or call 020 8586 7070.

Age UK East London Nordic Walks (18+)

Mon, 10.30-11.30am, meet at Hackney Marshes Centre, Homerton Road, E9. Call 07989 938 242

Steel Pan Music Therapy

For people with learning and physical disabilities, dementia and stroke. Fri, 12-2pm, Beckton C.C

Zumba & Indian Dance

Designed for 50+ but all ages welcome. Fri, 12noon-1pm, Jeyes C.C.

Get Active, Get Healthy, and Exercises for Fitness

Thurs, 10.30-11.30am,
Manor Park Library

Line Dancing

Weds, 12.15-1.15pm, £2.50, Well
Community Centre, East Ham

Get Active, Get Healthy

- Walk to the park Mon, 10.30-
11.30am, Manor Park Library;

Weds, 11am-12noon, The Gate

Backercise

Tues, 6-7pm, The Gate

Drop-in Embroidery Class

Mon, 11am-1pm, East Ham



Active Centre 50+ Group

£1.50 fee to cover cost of
refreshments. Weds, 20, Apr,
1-3pm, St Mark's C.C

Get Active Get Healthy, Yoga

For men and women
aged 50+. Fri, 12noon-1pm,
until 10 June, Jeyes C.C.



Get Active Get Healthy, Salsa

For men and women
aged 50+. Weds, 6.30-
7.30pm, until 29 June, New
City Outreach Centre



Get Active Get Healthy, Zumba/Salsa

For men and women
aged 50+. Thurs, 10-
11am, until 29 Sep, Barking
Road Community Centre.



GREEN



Green Gym Weds, 10am-1pm,
and last Sat of month, meet at
Visitor Centre in East Ham Nature
Reserve, Norman Rd, E6. Call
07845 973 156



Green Volunteering

Tues and Thurs, 10am-2pm.
Silvertown Wy, E16 (opp.
Hallsville Rd)

Garden Club

Tues, 1-3pm, Thurs, 4-7pm,
Sat, 10am-4pm, Abbey Gdns,
Bakers Row, E15

Gardening Thymes

Gardening Club Fri, 11am-
1pm, Bowling Green, Central
Park, High St South, E6

Grow Together Be Together Community Gardening Club

Weds, 10am-1pm. Sat, 1pm-
3pm, Flanders Field, Melbourne

Rd entrance, E6. Call 020 8586
7070

Caravanserai Garden

Volunteering Thurs and
Sat, 11am-3pm, Silvertown
Wy, E16. For information call
07773 863 384

Community Gardening

Tues, 10am-12pm, Beckton C.C;
Tues, 4-6pm, St John's Green
Community Garden

DOORSTEP CLUBS



Call 0300 124 0123. unless
otherwise stated.

Athletics Club (14yrs+)

A multi-sport session focusing on
athletics, football and the gym.
Tues, 6-7pm, Newham Leisure
Centre, E13. Call 07718 394 756

Gym & Basketball (14yrs+)

Tues, 6-10pm, £2, Rokeby
School, Barking Rd, E16

FEMALE SPORTS

Basketball Sessions

Tues, 4-5pm, Chobham
Academy, 40 Cheering Ln, E20

Dare2Dance (12-16yrs)

Street dance, Fri, 3.30-5.30pm,
Newham Leisure Centre, E13

Female Boxfit (14yrs+)

Mon, 4.15-5.15pm, Balaam
Leisure Centre, E13. Call
07970 783 526

Girls Football (11-16yrs)

Tues, 4-5.30pm, Thurs, 5-6pm,
Newham Leisure Centre.
Fri, 5-7pm. Term time only.
Memorial Park, E15

Girls Group Cycling (11-15 yrs)

Tues and Thurs, 5-5.30pm,
Newham Leisure Centre, E13

Just Play (14yrs+)

Weds, 6.30-8pm, multi-sports
(term time). Cumberland School,
E13. Call 0300 124 0123

Modern Arnis Martial Arts

(16yrs+) Tues, 5.15-6.15pm,
Jack Cornwell C.C. Ring
07473 030 250

Female Only Gym Sessions

Mon, 3-4pm, 16-25yrs. Mon

and Weds, 7.30-10.30pm. Tues
and Thurs, 12noon-1.30pm.

Sun, 3-5pm, 11-15yrs, Newham
Leisure Centre, E13. £4.65

Get Back into Netball

Tues, 6-7.30pm, juniors; 7.30-9pm,
seniors. £2. Lister Community
School, E13. Call 07717 281 529

Abs Blast (11-15yrs)

Thurs, 5.30-6.30pm, £3.10,
Newham Leisure Centre, E13

Female Only Zumba

Tues, 6-7pm, Forest Gate
Community School, Forest Ln,
E7. Thurs, 6.30-9pm, The Well
C.C. Vicarage Ln, E6. £1. Call
07741 292 902; Thurs, 10.15-
11.15am, Stratford, £2.50;
Mon, Weds, 6.30-7.30pm, Asta
Community Hub, 14A Camel
Road, E16 2DE. £2.50

Fun Female Fitness

(14yrs+) Weds, 5-6pm,
Newham College, East Ham
Campus, E6 6ER. Email:
sports@newham.ac.uk

Netball (14yrs+)

Mon, 5-6pm, Newham
College, East Ham Campus,
E6 6ER. £1 for non-Newham
College students. Email:
sports@newham.ac.uk

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Ability Club (14-25yrs)

Multi sports for disabled young
people. Weds, 5.30-6.30pm and
Fri, 4.45-6pm, NewVlc, E13

Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brampton
Manor, Roman Rd, E6. Thurs,
4.30-5.55pm, St Angela's
Ursuline School, E7. Email
cnourrice@englandathletics.org

Get Fit for Free

Tues, 1.30-3.30pm and Fri,
10am-12noon. Gym use
for people with learning
disabilities. Newham Leisure
Centre, E13. To book an
induction call 0300 124 0123

Sensory Play (U5yrs)

Weds, (term time) 1.30pm-
3pm, Oliver Thomas Children's

Centre, Mathews Ave,
E6. Email Naomi.ferron@
oliverthomas.newham.sch.uk or
call 020 8821 0997

Swim for Families

Dealing with Autism
Weds, 4-5pm, Balaam Leisure
Centre, E13. Call 0300 124 0123

Family Swims

Sat, 4.30-5.30pm, Newham
Otters Swimming Club, Newham
Leisure Centre, E13. Call 0300 124
0123. Sun, 12.30-2pm, Family
Swim, Balaam Leisure Centre,
E13. £5. Call 0300 124 0123.

RUNNING



Beckton Park Run

Sat, 9am, Beckton Park South,
E16. Call 07718 394 756
www.parkrun.org/beckton

Run England

£2 unless stated. Sun, 10am-
12noon, Newham Leisure
Centre, E13 (meet on track). Mon,
4-5.30pm, Newham Leisure
Centre, E13 (meet on track). Mon,
5.45-6.45pm, Newham Dockside,
E16 (meet at reception). Weds,
12noon-1pm, Newham Dockside,
E16 (meet at reception). Thurs,
5.15-6.15pm, UEL Docklands
Campus, E16 (meet at reception).
Sat, 10-11.30am, Wanstead Flats,
E12 (meet at Harrow Rd Changing
Pavilion). Sat, 10-11.30am,
Memorial Park, E15, £4 (meet at
car park). Call 07718 394 874.

East End Road Runners

Tues and Thurs, 7pm. Sun, 9am.
Meet on the track. Coached
sessions for all abilities. Newham
Leisure Centre, E13. Call 07979
261 647.

SPORTS



Cricket (14yrs+)

Tues, 6-8pm, Newham Sixth
Form College, E13. Call 07476
269 226

Lister Table Tennis

Satellite Club (11-25yrs)
Weds, 6.30-8pm, Newham
Sixth Form College, E13. £1.
For information call 07888
830 179

Indoor Cricket (8-16yrs)

Weds, 6-8pm, £2, Lister Community School, E13, email michelle.daniel@activeNewham.org.uk

Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

Newham and Essex Beagles Athletics Club

Mon and Weds, 6-9pm. Foundation groups (8-10yrs). Mon, 7-8pm and Weds, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. www.newhamandessexbeagles.co.uk

BMX (6-16yrs)

Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave, E6. Call 07961 333 615

Mini Tennis Courses

(4-16yrs) Tues: 4-5pm, 5-6pm, East Ham Leisure Centre, 324 Barking Road, London, E6 2RT. Thurs: 4.30-5.30pm, 5.30-6.30pm, 6.30-7.30pm, Newham Leisure Centre, 281 Prince Regent Lane, London, E13 8SD. Sat: 4-5pm, 5-6pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 12-1pm, 1-2pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activeNewham.org.uk 07741 293 513

Adult Tennis (16+)

Sat: 9-10am, 10-11am, 11-12pm, Central Park (tennis courts), High Street South, East Ham, E6 6ET. Sun: 9-10am, 10-11am, 11-12pm, Stratford Park (tennis courts), West Ham Lane, Stratford, E15 4PT Contact: michelle.daniel@activeNewham.org.uk 07741 293 513

Table Tennis (14yrs)

Thurs, 4.40-6pm, Newham College, East Ham Campus, E6 6ER. Email: sports@newham.ac.uk

Volleyball with Newham

College (14yrs+)

Thurs, 5.30-7pm, East Ham Leisure Centre Email: sports@newham.ac.uk

FOOTBALL



AIR Football (16yrs+)

Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit www.airfootball.co.uk

Football and Athletics

Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

Football & Multi Sports

Mon, 4-5.30pm, Newham Leisure Centre, E13. Weds, 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

WHU Kicks

Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King George V Park, King George Ave, E16. Call 07806 584 925

BASKETBALL



Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

National League

Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs,

Rokeby School, E16.

Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports - Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme

Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

Basketball (14yrs+)

Tues, 5.30-6.30pm, Forest Gate Community School, E7 9BB. Email: sports@newham.ac.uk

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless otherwise stated.

Mon, 23 May, 7pm, Local Development, provisional

Thurs. 26 May, 5pm, Cabinet; 5.05pm Mayoral Proceedings

Tues, 31 May, Newham Partnership Health and Wellbeing Strategic Reference Group, provisional

Wed, 1 June, 6pm, Strategic Development, provisional, Old Town Hall, Stratford

Thurs, 2 June, 9am, Mayoral Proceedings

CONTACT THE MAYOR

Here to Help sessions

Please register for surgery in the 30 minutes before the surgery starts.

Thurs, 2 Jun, 11am, Old Town Hall, Stratford

Telephone Surgery

Weds, 25 May. Please call 020 8430 2000 between 10-11am.

CONTACT DETAILS

LIBRARIES & COMMUNITY NEIGHBOURHOODS

Beckton Globe 1 Kingsford Wy, E6

Canning Town Barking Rd, E16

Custom House

Prince Regent Ln, E16

East Ham 328 Barking Rd, E6

Green Street 337-341 Green St, E13

The Gate 6-8 Woodgrange Rd, E7

Manor Park 685-691 Romford Rd, E12

North Woolwich

5 Pier Parade, E16

Plaistow North St, E13

Stratford 3 The Grove, E15

Archives and Local Studies

020 3373 6881

Community Outreach

020 337 30813

Church of God 37 Manor Park Road, E12, 020 8911 9494

The International Quarter Marketing Suite

Celebration Avenue, E20 1DB

LEISURE & SPORTS VENUES

Balaam Leisure Centre

14 Balaam St, E13

East Ham Leisure Centre

324 Barking Rd, E6

Newham Leisure Centre

281 Prince Regent Ln, E13

NewVic Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Wy, E16

West Ham United Football Club

Boleyn Ground, E13 9AZ

COMMUNITY CENTRES (C.C)

Beckton Community Centre

14 Manor Wy, E6, 020 7511 1214

East Ham Market Hall

Myrtle Road, London E6 1HY, 01708 740 092

Field Community Centre

147 Station Rd, E7 020 8536 2800

Grassroots Centre Memorial Park, Memorial Ave, E15, 020 3373 0650

The Hub 123 Star Ln, E16

020 3373 0750

Jack Cornwell Community Centre

Jack Cornwell St, E12 020 8553 3459

Jeyes Community Centre

1 James Cl, E13, 020 3373 2205

Katherine Rd Community Centre

254 Katherine Rd, E7, 020 8548 9825

St Mark's Community Centre

218 Tollgate Rd, E6, 020 7474 1687

Vicarage Ln Community Centre

Govier Cl, E15, 020 8519 0235

Harold Road Centre

170 Harold Road, E13 0SE, 020 8472 2805

Queens Market Green Street, E13

Rabbits Road Institute

835 Romford Rd, London E12 5JY

Royal Docks Learning Activity Centre

Albert Road, North Woolwich, London E16 2JB

St John's Green Community Garden

Albert Road, North Woolwich

London E16 2JB

FREE

Newham London

The MAYOR'S NEWHAM SHOW

featuring *The Mayor's Newham Carnival* on Saturday

Saturday 9 & Sunday 10 July, 12noon-6pm, Central Park, East Ham E6

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APPEARING
AT INTERVALS



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FROM PAW PATROL

9 JULY

10 JULY

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uel.ac.uk/opendays



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